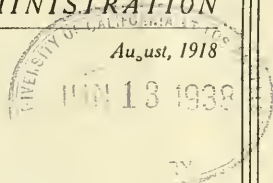


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UNITED STATES FOOD ADMINISTRATION

Washington, D. C.

August, 1918



HEARTY DISHES *for* ONE HUNDRED

*Suitable for Hotels, Boarding
Houses, Institutions*



These recipes have been proved in the
Cafeteria of the United States Food
Administration at Washington, where
seven hundred meals are served daily

WASHINGTON
GOVERNMENT PRINTING OFFICE
1918

Large Quantity Recipes

100 PORTIONS

EXPERIMENTAL KITCHEN—JULY, 1918

1. Polenta
2. Cornmeal and cheese croquettes
3. Nut scrapple
4. Cheese pudding
5. Rice and cheese croquettes
6. Baked rice and cheese
7. Rice, nut, and egg croquettes
8. Peanut butter croquettes
9. Peanut puree
10. Bean timbale
11. Bean loaf
12. Bean croquette
13. Cream bean soup
14. Corn and cheese pudding
15. Cottage cheese loaf
16. Cheese sauce
17. Tomato sauce
18. Spanish sauce

Hearty Dishes for One Hundred

Polenta

100 PORTIONS—4 OUNCES EACH OF CORNMEAL MIXTURE, 1 OUNCE OF CHEESE

- 6 pounds or $2\frac{1}{2}$ quarts cornmeal
- 12 quarts water
- $\frac{1}{2}$ cup fat
- 6 pounds cheese
- 7 quarts tomato sauce
- 1 cup salt

Heat 12 quarts of water to the boiling point, add the cornmeal and salt.

Cook in a double boiler until very thick, adding the fat just before pouring into molds one inch deep.

When cold cut the mush in desired size and place in a dish leaving space between the pieces.

Cover the top with a layer of grated cheese.

Pour a thick highly seasoned tomato sauce over the whole and bake till the mush is heated through.

Cornmeal and Cheese Croquettes

100 PORTIONS OF 4 OUNCES EACH

- 8 quarts cooked thick cornmeal
- 4 quarts cheese sauce

Mix the ingredients thoroughly.

Season with salt, peppers or onions if desired.

Shape for croquettes.

Roll in egg and bread crumbs.

Sauté in a small amount of fat.

Nut Scrapple

100 PORTIONS OF 4 OUNCES EACH

- $4\frac{1}{2}$ pounds cornmeal
- 10 quarts milk
- $2\frac{1}{2}$ pounds nuts
- $\frac{1}{2}$ cup salt

Heat the milk in a double boiler to the boiling point.

Add the salt.

Add the cornmeal carefully, stirring constantly to prevent lumping. Cook until very thick.

When cooked add the chopped nuts and turn the mixture into a greased pan.

When cold, turn it from the pan, cut in slices and brown in a small amount of fat.

Cheese Pudding

100 PORTIONS OF 4 OUNCES EACH

- 3 quarts cooked commeal
- 12½ quarts milk
- 3 dozen eggs
- 2¼ pounds grated cheese
- ½ cup salt

Mix the ingredients as for custard and turn the mixture into a greased baking dish.

Set the dish in a pan of hot water in a slow oven and bake the pudding until it is firm.

Rice Croquettes

100 PORTIONS OF 4 OUNCES EACH

- 6¾ pounds of rice—cooked until dry or 8 quarts of cooked rice
- 2¾ pounds cheese
- 2 quarts tomatoes
- ½ cup salt
- 1 onion
- 1 red pepper
- ½ dozen eggs or 1 quart thick white sauce

Cook rice in 9 quarts water until dry.

Add grated cheese, tomatoes, onion, salt, pepper eggs, or thick white sauce.

Mix well—cool.

Shape, roll in egg and crumbs.

Bake in a small amount of fat in a hot oven.

* This may be formed into a loaf and baked in the oven.

Baked Rice and Cheese

100 PORTIONS—4 OUNCES EACH

- 6½ pounds rice or 8 quarts cooked rice
- 12 quarts cheese sauce
- Onion to taste
- ½ cup salt
- 1 teaspoon pepper

Cook rice until dry in 9 quarts salted water.

Add cheese sauce, chopped onion and pepper.

Mix thoroughly and bake in a moderate oven until brown on top.

Nut and Egg Croquettes

100 PORTIONS OF 4 OUNCES EACH

- 3 pounds or 6 cups of rice or 4 quarts of cooked rice
- 2 pounds walnuts or other nuts
- 1 dozen hard boiled eggs
- 1 quart heavy white sauce
- $\frac{1}{4}$ cup salt

Cook the rice until dry in 4 quarts of salted water.

Add the finely chopped nuts and eggs to the rice.

Add the white sauce.

Mix thoroughly.

Shape either as croquettes or into a loaf.

Bake the croquettes in a small amount of fat in the oven.

Peanut Butter Croquettes

100 SERVINGS—4 OUNCES EACH

- 12 $\frac{1}{2}$ quarts milk
- 1 $\frac{1}{2}$ pounds cornstarch
- 10 pounds peanut butter
- $\frac{1}{2}$ cup salt
- 1 onion

Heat 12 quarts of milk in a double boiler.

Add the onion and salt.

Add the cornstarch mixed with $\frac{1}{2}$ quart of milk.

Cook 15-20 minutes—stirring to prevent lumping.

Add the peanut butter and beat until smooth.

Thicken with fine bread or cracker crumbs to the consistency to mold.

Allow to cool. Shape into pats and brown in a small amount of fat in the oven.

Peanut Puree100 PORTIONS— $\frac{1}{2}$ CUP EACH

- 10 quarts milk
- 5 ounces cornstarch
- 8 pounds peanut butter
- $\frac{1}{3}$ cup salt
- Onion

Heat 9 quarts of milk to the boiling point.

Add the cornstarch mixed with 1 quart cold milk.

Cook in a double boiler for 30 minutes, stirring to prevent lumping.

Add the peanut butter, salt and chopped onion.

Cook until smooth.

Bean Timbale

100 PORTIONS OF 4 OUNCES EACH

8 quarts bean pulp
4 quarts milk
3 dozen eggs
Salt
Pepper
Onion
Celery salt
Pimento or red or green pepper

Mix the ingredients in the order in which they are given.

Bake in greased custard cups in hot water in a moderate oven until thickened.

This may be served with tomato sauce.

Bean Loaf

100 PORTIONS OF 4 OUNCES EACH

7½ quarts cooked beans
4 quarts cold mashed potatoes
1 quart ground peanuts
3 cups tomato catsup
5 green peppers
½ cup melted fat
Celery or celery salt
Salt and pepper

Combine the ingredients and shape into a loaf. Place in a greased pan, brush over with melted fat. Bake it in a rather quick oven for 25 minutes.

Serve with a tomato sauce.

Bean Croquette

100 PORTIONS OF 4 OUNCES EACH

9 quarts bean pulp
4 quarts thick white sauce
1 cup tomato catsup
2 peppers
Salt to taste
Onion to taste

Combine the ingredients.

Allow the mixture to stand for 2 or 3 hours.

Shape into balls and flatten out.

Roll in egg and bread crumbs.

Brown in a small amount of hot fat.

Cream Bean Soup

100 PORTIONS OF 1 CUP EACH

20 quarts milk or part milk and water or stock
12 ounces cornstarch
4 ounces salt
5 quarts bean pulp
Onion to taste
Pepper to taste

Heat 19 quarts of milk in a double boiler.
Add the cornstarch mixed with 1 quart of milk.
Cook for 15-20 minutes, stirring to avoid lumping.
Add salt, bean pulp, onion and pepper.
Stir until smooth.

Corn Pudding

100 PORTIONS—4 OUNCES EACH

12 No. 2 cans corn
6 quarts milk
2 dozen eggs
 $\frac{1}{4}$ cup salt
3 pounds grated cheese

Mix all the ingredients thoroughly as for a custard.
Pour into buttered pans.
Set in pans of hot water and cook in a moderate oven until set.

Cottage Cheese Loaf

100 PORTIONS OF 4 OUNCES EACH

4 quarts bean pulp
8 pounds or 4 quarts cottage cheese
4 pounds or 4 quarts ground nuts
1 cup chopped onion
 $\frac{1}{2}$ pound butter
2 quarts strained tomato juice
4 quarts bread crumbs
 $\frac{1}{3}$ cup salt

Combine the ingredients and form the mixture into a roll.
Brush over with melted fat.
Bake in a moderate oven for 20-30 minutes.
Serve with tomato sauce.

Cheese Sauce

6 QUARTS OF CHEESE SAUCE

- 5 quarts milk
- $\frac{1}{3}$ pound cornstarch
- $4\frac{1}{2}$ pounds cheese
- 3 tablespoons salt

Heat 4 quarts of milk.

Add cornstarch mixed with 1 quart of milk.

Cook in a double boiler until thick, stirring to prevent lumping.

Add grated cheese and salt.

Stir until smooth.

Tomato Sauce

100 PORTIONS OF $\frac{1}{4}$ CUP EACH

- 6 quarts tomato pulp
- 1 cup chopped onion
- 3 cups corn flour
- $\frac{1}{3}$ cup salt
- 1 quart cold water
- 3 chopped green or red peppers

Heat the tomato pulp in a double boiler.

Add the flour mixed with the cold water.

Cook for 15-20 minutes, stirring to prevent lumping.

Add onion, salt and pepper.

Spanish Sauce

100 PORTIONS OF $\frac{1}{4}$ CUP EACH

- $\frac{3}{4}$ pound fat
- $\frac{2}{3}$ pound corn flour
- $\frac{1}{4}$ cup salt
- $1\frac{1}{2}$ teaspoons pepper
- 3 quarts tomatoes
- 3 quarts stock or water
- $\frac{3}{4}$ cup chopped onion
- $\frac{3}{4}$ cup chopped pimento or fresh peppers

Melt the fat.

Add corn flour—mix thoroughly.

Add all other ingredients and cook for 15-20 minutes or until thickened, stirring to prevent lumping.

